

## [Fake Buddha Quotes](#)

“I Can't Believe It's Not Buddha!”

# All Fake Buddha Quotes

Listed alphabetically. Fake Quotes are first, followed by “Fake Buddha Stories,” “Fakeish Quotes” and then “Other Posts,” which don’t deal with individual quotes. Quotes I’ve been asked about that are verified can be found [on another page](#), and we have a sister site, [Real Buddha Quotes](#), where you’ll find other genuine quotations from the Buddhist scriptures.

## [Fake Quotes](#)

Mistranslations and mis-attributions.

- [“A dog is not considered a good dog because he is a good barker. A man is not considered a good man because he is a good talker.”](#)
- [“A family is a place where minds come in contact with one another.”](#)
- [“A generous heart, kind speech, and a life of service and compassion are the things that renew humanity.”](#)
- [“A Tale of Two Bodhis”: Real Buddha Quotes in a novel](#)
- [“Alégrate, porque todo lugar es aquí, y todo momento es ahora.”](#)
- [“All descriptions of reality are temporary hypotheses.”](#)
- [“All human unhappiness comes from not facing reality squarely, exactly as it is”](#)
- [“All things appear and disappear because of causes and conditions.”](#)
- [“All things are perfect exactly as they are.”](#)
- [“All worldlings are mad.”](#)
- [“Ambition is like love, impatient both of delays and rivals.”](#)
- [“An idea that is developed and put into action is more important than an idea that exists only as an idea.”](#)
- [“An insincere and evil friend is more to be feared than a wild beast; a wild beast may wound your body but an evil friend will wound your mind.”](#)
- [“As a candle cannot burn without fire, so men cannot live without a spiritual life.”](#)
- [“As rain falls equally on the just and unjust, do not burden your heart with judgments but rain your kindness equally upon all.”](#)
- [“As you walk and eat and travel, be where you are. Otherwise you will miss most of your life.”](#)
- [“Awake. Be the witness of your thoughts. You are what observes, not what you observe.”](#)
- [“Be patient. Everything comes to you in the right moment.”](#)
- [“Believe nothing, no matter where you read it, or who said it, no matter if I have said it, unless it agrees with your own reason and your own common sense.”](#)
- [“Care about your children. Just bless them instead of worrying about them, as every child is the little Buddha who helps his parents to grow up.”](#)
- [“Change is never painful, only the resistance to change is painful.”](#)
- [“Chaos is inherent in all compounded things. Strive on with diligence.”](#)
- [“Chill, Homie! You need to let that shit go!”](#)
- [“Compassion is that which makes the heart of the good move at the pain of others.”](#)
- [“Crying with the wise is better than laughing with the fool.”](#)
- [“Do not believe in anything simply because you have heard it...”](#)
- [“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.”](#)
- [“Do not learn how to react. Learn how to respond.”](#)
- [“Don’t keep searching for the truth, just let go of your opinions.”](#)

- “Don’t be attached to my philosophy and doctrine. Attachment to any religion is simply another form of mental illness.”
- “Don’t judge others, because you are not perfect.” – Buddha
- “Doubt everything. Find your own light.”
- “Each morning we are born again. What we do today is what matters most.”
- “Ennui has made more gamblers than avarice, more drunkards than thirst, and perhaps as many suicides as despair.”
- “Even death is not to be feared by one who has lived wisely.”
- “Events happen, deeds are done, but there is no individual doer thereof.”
- “Every experience, no matter how bad it seems, holds within it a blessing of some kind. The goal is to find it.”
- “Every human being is the author of his own health or disease.”
- “Every morning I drink from my favorite teacup. I hold it in my hands and feel the warmth of the cup from the hot liquid it contains...”
- “Every place is here and every moment is now.”
- “Everything that happens to us is the result of what we ourselves have thought, said, or done. We alone are responsible for our lives.”
- “Everything that has a beginning, has an ending. Make your peace with that and all will be well.”
- “Follow then the shining ones, the wise, the awakened, the loving, for they know how to work and forbear.”
- “Happiness comes when your work and words are of benefit to yourself and others.”
- “Happiness does not depend on what you have or who you are, it solely relies on what you think.”
- “Happiness is not having a lot. Happiness is giving a lot.”
- “Happiness or sorrow — whatever befalls you, walk on, untouched, unattached.”
- “Have compassion for all beings, rich and poor alike; each has their suffering. Some suffer too much, others too little.”
- “He is able who thinks he is able.”
- “He who experiences the unity of life sees his own Self in all beings, and all beings in his own Self, and looks on everything with an impartial eye.”
- “He who practises my teaching best, reveres me most.”
- “Holding on to anger is like grasping a hot coal with the intent of harming another; you end up getting burned.”
- “Holding onto anger is like drinking poison and expecting the other person to die.”
- “I am a finger pointing to the moon. Don’t look at me; look at the moon.”
- “I do not believe in a fate that falls on men however they act; but I do believe in a fate that falls on them unless they act.”
- “I never see what has been done; I only see what remains to be done.”
- “I thank you. You are my masters. From you I have learned more than from all the writings of the Brahmins.”
- “If the problem can be solved why worry? If the problem cannot be solved worrying will do you no good.”
- “If we are facing in the right direction, all we have to do is keep on walking.”
- “If we are like rock and something cuts into us, it will leave its mark”
- “If we could see the miracle of a single flower clearly, our whole life would change.”
- “If we could understand a single flower we could understand the whole universe.”
- “If we destroy something around us we destroy ourselves. If we cheat another, we cheat ourselves.”
- “If you are quiet enough, you will hear the flow of the universe. You will feel its rhythm. Go with this flow. Happiness lies ahead. Meditation is key.”
- “If you do not change direction, you may end up where you are heading.”
- “If you do not find the solution where you stand where else shall you find it?”
- “If you find truth in any religion or philosophy, then accept that truth without prejudice.”
- “If you let cloudy water settle it will become clear. If you let your upset mind settle, your course will also become clear”
- “If you light a lamp for someone else, it will also brighten your own path.”

- “If you propose to speak, always ask yourself, is it true, is it necessary, is it kind?”
- “If you truly loved yourself, you could never hurt another.”
- “If you want to draw water you do not dig six one-foot wells. You dig one six-foot well.”
- “If you want to fly, give up everything that weighs you down.”
- “If your compassion does not include yourself it is incomplete.”
- “Imagine that every person in the world is enlightened but you. They are all your teachers, each doing just the right things to help you learn perfect patience, perfect wisdom, perfect compassion.”
- “In every trial let understanding fight for you.”
- “In order to gain anything you must lose everything.”
- “In separateness lies the world’s great misery, in compassion lies the world’s true strength.”
- “In the confrontation between the stream and the rock, the stream always wins; not through strength, but through perseverance.”
- “In the end these things matter most: How well did you love? How fully did you live? How deeply did you let go?”
- “In the end, only three things matter: how much you loved, how gently you lived, and how gracefully you let go of things not meant for you.”
- “In the sky there is no distinction of east and west; people create the distinctions out of their own minds and then believe them to be true.”
- “It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you, not by angels or by demons, heaven or hell.”
- “It is better to do nothing, than to do what is wrong. For whatever you do, you do to yourself.”
- “It is better to travel well than to arrive.”
- “It is during our darkest moments that we must focus to see the light.”
- “It is not because no one sees the truth that it becomes an error.”
- “It is not what others do or do not do that is my concern. It is what I do and do not do — that is my concern.”
- “It is possible to live happily in the present moment. It is the only moment we have.”
- “It would be true to say that loving kindness and compassion is all of our practice”
- “Just as a snake sheds its skin, we must shed our past over and over again.”
- “Just as treasures are uncovered from the earth, so virtue appears from good deeds, and wisdom appears from a pure and peaceful mind. To walk safely through the maze of human life, one needs the light of wisdom and the guidance of virtue.”
- “Kindness should be the natural way of life, not the exception.”
- “Let us rise up and be thankful, for if we didn’t learn a lot today, at least we learned a little...”
- “Let yourself be open and life will be easier. A spoon of salt in a glass of water makes it undrinkable. In a lake almost unnoticed.”
- “Life has no meaning in itself but it is itself an opportunity to make it meaningful.”
- “Life is a bridge. Don’t build a house on it”
- “Life is so hard, how can we be anything but kind?”
- “Life is suffering.”
- “Life looks meaningless because I am searching for meaning ... If I don’t long for meaning, then what is meaningless?”
- “Look within. Be still. Free from fear and attachment, know the sweet joy of the way.”
- “Love is a gift of one’s innermost soul to another so both can be whole.”
- “Love is beauty and beauty is truth, and that is why in the beauty of a flower we can see the truth of the universe.”
- “May all that have life be delivered from suffering.”
- “Meditate. Live purely. Be quiet. Do your work with mastery. Like the moon, come out from behind the clouds! Shine.”
- “Meditate. Live purely. Quiet the mind. Do your work with mastery. Like the moon, come out from behind the clouds! Shine.”
- “My actions are my only true belongings: I cannot escape their consequences. My actions are the ground on which I stand.”

- “My doctrine is not a doctrine but just a vision. I have not given you any set rules, I have not given you a system.”
- “Never allow yourself to envy others. For you will lose sight of the truth that way.”
- “No matter how hard the past, you can always begin again.”
- “Nothing ever exists entirely alone; everything is in relation to everything else.”
- “Of all footprints, that of the elephant is supreme. Similarly, of all mindfulness meditation, that on death is supreme.”
- “On the long journey of human life, faith is the best of companions; it is the best refreshment on the journey; and it is the greatest property.”
- “Our life is shaped by the mind; we become what we think.”
- “Our life is the creation of our mind.”
- “Our sorrows and wounds are healed only when we touch them with compassion.”
- “Our theories of the eternal are as valuable as are those which a chick which has not broken its way through its shell might form of the outside world.”
- “Pain is inevitable, suffering is optional.”
- “Peace comes from within. Do not seek it without.”
- “Place no head above your own.”
- “Rage is a powerful energy that with diligent practice can be transformed into fierce compassion.”
- “Real peace and happiness has to come from the heart, from within.”
- “Regardless of the shadows that cross the moon to make it appear less than it is, to the moon, it is always full. So it is with us.”
- “Remembering a wrong is like carrying a burden on the mind.”
- “Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving and tolerant with the weak and wrong. Sometime in your life, you will have been all of these.”
- “Rule your mind or it will rule you.”
- “Rule your mind or it will rule you”
- “She who knows life flows, feels no wear or tear, needs no mending or repair.”
- “Silence is an empty space. Space is the home of the awakened mind.”
- “Since everything is a reflection of our minds, everything can be changed by our minds.”
- “Success is not the key to happiness; happiness is the key to success. If you love what you are doing, you will be successful.”
- “Suffering is not holding you. You are holding suffering.”
- “The conflict isn’t between good and evil but between wisdom and ignorance.”
- “The dharma that I preach can be understood only by those who know how to think.”
- “The foot feels the foot when it feels the ground.”
- “The forest is a peculiar organism of unlimited kindness and benevolence...”
- “The greatest goodness is a peaceful mind. The greatest worth is self-mastery.”
- “The greatest miracle is the miracle of learning.”
- “The greatest prayer is patience.”
- “The heart is like a garden: it can grow compassion or fear, resentment or love. What seeds will you plant there?”
- “The inclination to accept unverified opinion simply because of currency or familiarity is a dangerous human weakness that is instrumental in self-deception, and easily exploited for the deception of others.”
- “The instant we feel anger we have already ceased striving for the truth, and have begun striving for ourselves.”
- “The kingdom of heaven is closer than the brow above the eye but mankind does not see it.”
- “The master in the art of living makes little distinction between his work and his play...”
- “The mind is everything. What you think, you become.”
- “The mind that perceives the limitation is the limitation”
- “The moment we are enlightened within, we go beyond the voidness of a world confronting us.”
- “The moment you know how your suffering came to be, you are already on the path of release from it.”
- “The no-mind not-thinks no-thoughts about no-things.”
- “The only real failure in life is not to be true to the best one knows.”

- “The only way to bring peace to the earth is to learn to make our own life peaceful.”
- “The past is already gone, the future is not yet here. There’s only one moment for you to live.”
- “The price of freedom is simply choosing to be.”
- “The secret of happiness lies in the mind’s release from worldly ties.”
- “The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly.”
- “The teaching is simple. Do what is right. Be Pure.”
- “The thought manifests as the word; The word manifests as the deed; The deed develops into habit; And habit hardens into character.”
- “The tongue like a sharp knife, kills without drawing blood.”
- “The trouble is, you think you have time.”
- “The virtues, like the Muses, are always seen in groups. A good principle was never found solitary in any breast.”
- “The way is not in the sky. The way is in the heart.”
- “The whole secret of existence is to have no fear.”
- “The wise ones fashioned speech with their thought, sifting it as grain is sifted through a sieve.”
- “There are only two mistakes one can make along the road to truth: not going all the way, and not starting.”
- “There has to be evil, so that good can prove its purity above it.”
- “There is no God. Don’t waste your time or money for him. Only this world is true. And it is the only truth.”
- “There is no path to happiness. Happiness is the path.”
- “There is no way to happiness. Happiness is the way.”
- “There is nothing more dreadful than the habit of doubt. Doubt separates people....”
- “There is only one time when it is essential to awaken. That time is now.”
- “There is pleasure and there is bliss. Forgo the first to possess the second.”
- “There isn’t enough darkness in all the world to snuff out the light of one little candle.”
- “They are not following dharma who resort to violence to achieve their purpose”
- “Those who are awake live in a state of constant amazement.”
- “Those who are free of resentful thoughts surely find peace.”
- “To be idle is a short road to death and to be diligent is a way of life; foolish people are idle, wise people are diligent.”
- “To force oneself to believe and to accept a thing without understanding is political, and not spiritual or intellectual.”
- “To live a pure unselfish life, one must count nothing as one’s own in the midst of abundance.”
- “To those in whom love dwells, the whole world is but one family.”
- “To understand everything is to forgive everything.”
- “Todo lo que te molesta de otros seres, es solo una proyección de lo que no has resuelto en ti mismo.”
- “True love is born from understanding.”
- “Tune as the sitar neither low nor high. And we will dance away the hearts of men.”
- “Unity can only be manifested by the Binary. Unity itself and the idea of Unity are already two.”
- “Until he has unconditional and unbiased love for all beings, man will not find peace.”
- “Virtue is persecuted more by the wicked than it is loved by the good.”
- “We all have monkey minds.”
- “We are shaped by our thoughts; we become what we think.”
- “We are what we think. All that we are arises with our thoughts. With our thoughts we make the world.”
- “We have to understand the middle path: That a human has a positive and a negative side. We have a false, ignorant side, but we also have a beautiful potential – Buddha nature.”
- “We’re the same as plants, trees, other people, the rain that falls. We consist of that [which] is around us, we’re the same as everything.”
- “Wear your ego like a loose fitting garment.”
- “What you are is what you have been. What you will be is what you do now.”
- “What you think you create, what you feel you attract, what you imagine you become.”
- “What’s done to the children is done to society”

- [“What’s the proper salutation between people as they pass each other in this flood?”](#)
- [“Whatever is well said is a saying of the Blessed One.”](#)
- [“Whatever words we utter should be chosen with care for people will hear them and be influenced by them for good or ill.”](#)
- [“When someone goes wrong, it is right for his real friends to move him, even by force, to do the right thing.”](#)
- [“When the student is ready the teacher will appear.”](#)
- [“When words are both true and kind, they can change our world.”](#)
- [“When you like a flower, you just pluck it. But when you love a flower, you water it daily.”](#)
- [“When you meet your ‘soul mate’ you’ll feel calm.”](#)
- [“When you move your focus from competition to contribution life becomes a celebration. Never try to defeat people, just win their hearts.”](#)
- [“When you realize how perfect everything is, you will tilt your head back and laugh at the sky.”](#)
- [“Who is your enemy? Mind is your enemy. Who is your friend? Mind is your friend.”](#)
- [“With mindfulness, strive on.”](#)
- [“Without health life is not life; it is only a state of languor and suffering – an image of death.”](#)
- [“Words have the power to both destroy and heal. When words are both true and kind, they can change our world.”](#)
- [“Work out your own salvation. Do not depend on others.”](#)
- [“You cannot travel the path until you have become the path itself.”](#)
- [“You have no cause for anything but gratitude and joy.”](#)
- [“You must love yourself before you love another. By accepting yourself and fully being what you are, your simple presence can make others happy.”](#)
- [“You only lose what you cling to.”](#)
- [“You stand at the crossroads of the path of love and the path of fear. Which do you choose to follow?”](#)
- [“You throw thorns—falling in my silence they become flowers.”](#)
- [“You will not be punished for your anger, you will be punished by your anger.”](#)
- [“You yourself, as much as anybody in the entire universe deserve your love and affection.”](#)
- [“Your body is precious. It is your vehicle for awakening. Treat it with care.”](#)
- [“Your purpose in life is to find your purpose and give your whole heart and soul to it.”](#)
- [“Your work is to discover your work and then with all your heart give yourself to it.”](#)
- [“Your work is to discover your world and then with all your heart give yourself to it.”](#)
- [“Faith and prayer both are invisible, but they make impossible things possible”](#)
- [“Judge nothing, you will be happy. Forgive everything, you will be happier. Love everything, you will be happiest.”](#)
- [“Never respond to rudeness. When people are rude to you, they reveal who they are, not who you are.”](#)
- [“Nothing remains without change.”](#)
- [“One moment can change a day, one day can change a life, and one life can change the world.”](#)
- [“The way to happiness is: keep your heart free from hate, your mind from worry. Live simply, give much. Fill your life with love. Do as you would be done by.”](#)

## Fake Buddha Stories

Things too complex to be treated as quotes — made-up stories usually involving extensive dialogue.

- [“One of his students asked Buddha, ‘Are you the messiah?’”](#)
- [A man said to the Buddha, ‘I want Happiness.’](#)
- [A poor man asked the Buddha, “Why am I so poor?”](#)
- [Buddha was asked: “What have you gained from meditation?” The Buddha replied, “Nothing at all.”](#)
- [Does God exist?](#)
- [The man who spit on Buddha’s face](#)

- [When Buddha had tea with Mara](#)

### Fakeish Quotes

Often these are paraphrases or condensations. There's nothing particularly wrong with most of these, but they're included for the sake of completeness.

- [“Always be mindful of the kindness and not the faults of others.”](#)
- [“Be vigilant; guard your mind against negative thoughts.”](#)
- [“Do not overrate what you have received, or envy others. He who envies others does not obtain peace of mind.”](#)
- [“Endurance is one of the most difficult disciplines, but it is to the one who endures that the final victory comes.”](#)
- [“However many holy words you speak however many you read, what good will they do you if you do not act on them?”](#)
- [“If you cannot find a good companion to walk with, walk alone, like an elephant roaming the jungle. It is better to be alone than to be with those who will hinder your progress.”](#)
- [“If you want to know the past, look at your present. If you want to know the future, look at your present.”](#)
- [“Neither fire nor wind, birth nor death can erase our good deeds.”](#)
- [“No one saves us but ourselves. No one can and no one may. We ourselves must walk the path.](#)
- [“Practice the dhamma to perfection. Do not practice it in a faulty manner.”](#)

### The Buddha on Fake Buddha Quotes

- [The Buddha on Fake Buddha Quotes \(1\)](#)
- [The Buddha on Fake Buddha Quotes \(2\)](#)
- [The Buddha on Fake Buddha Quotes \(3\)](#)
- [The Buddha on Fake Buddha Quotes \(4\)](#)
- [The Buddha on Fake Buddha Quotes \(5\)](#)
- [The Buddha on Fake Buddha Quotes \(6\)](#)

### Other Posts

Pieces (not all of them by myself) on the topic of Fake Buddha Quotes, or fake quotes generally.

- [“Because truth is better than bullshit”](#)
- [“Fan mail”](#)
- [“I Can’t Believe It’s Not Buddha!” is now available for preorder!!!](#)
- [“I wish people would stop using my face whenever they feel like they need a smart person to endorse their stupid ideas.” Albert Einstein \(not!\)](#)
- [“It doesn’t matter who said it, as long as it’s inspiring.”](#)
- [“We Are What We Quote”](#)
- [“Whoever is careless with the truth in small matters cannot be trusted in important affairs.”](#)
- [“Believe nothing, no matter where you read it, no matter if I have said it, unless it agrees with your own reason and common sense.”](#)
- [“Critical thinking vapourised”](#)
- [“Is the Lotus Sutra authentic?” by Bhikkhu Sujato](#)

## Genuine Quotes

Try reading some of the original scriptures, either on [Access to Insight](#)'s wonderful site, or in [book form](#). There are also a few [genuine quotes](#) I've been asked about that are discussed on this site.

Or you can visit our sister site, [Real Buddha Quotes](#), to see a small selection of quotations, some of them in graphic form.

Enjoy!  
Bodhipaksa



<https://fakebuddhaquotes.com/buddha-was-asked-what-have-you-gained-from-meditation-the-buddha-replied-nothing-at-all/>

## **Buddha was asked: “What have you gained from meditation?” The Buddha replied, “Nothing at all.”**

A reader called Gerald wrote to me recently and asked me about a “fishy” quote:

Hello! I have come across this quote and would like to know your input. (smells fishy). Thank you! Buddha was asked: “What have you gained from Meditation?” He replied: “Nothing.” “However”, Buddha said, “let me tell you what I lost : Anger, Anxiety, Depression, Insecurity, Fear of Old, Age and Death.”

That one’s as fishy as a barrel of mackerel.

This particular quote is found in many variants. The locus classicus for this particular version would seem to be Eknath Easwaran’s introduction to his translation of the Dhammapada, which itself is the source of a number of Fake Buddha Quotes. Here’s the relevant portion of the introduction:

Someone once asked the Buddha skeptically, “What have you gained through meditation.”

The Buddha replied, “Nothing at all.”

“Then, Blessed One, what good is it.”

“Let me tell you what I lost through meditation: sickness, anger, depression, insecurity, the burden of old age, the fear of death. That is the good of meditation, which leads to nirvana.”

That was first published in 1985.

That in turn seems to be based on something published in 1973 — *World Buddhism, Volume 22* — by the World Fellowship of Buddhists.

It may be stating the case too strongly to say that in meditation one seeks to gain nothing. For there is an increase in happiness and peace of mind. But when asked, “What have you gained from meditation?”, the answer would be: “It is not what I have gained that is important but rather what I have diminished, namely, greed, hatred, and delusion.”

This is clearly not the Buddha who is supposed to be speaking, but simply a hypothetical meditator.

The quote — as indicated — is found in a number of forms on various blogs as well as in a few books. One book attempts to make the quote a bit more similar to the style of the Pali canon by throwing in a “blessed one”:

Someone once asked the Buddha: “What have you gained through meditation?” The Buddha replied, “Nothing at all.”

“Then, Blessed One, what good is it?”

The Buddha said: “Let me tell you what I have lost in meditation: sickness, depression...

It would have been better also to have reverted to the traditional “greed, hatred, and delusion” that *World Buddhism* used, especially given that the Buddha was hardly immune to sickness, and in fact died of food poisoning.

Posted on [January 21, 2013](#) Author [Bodhipaksa](#) Categories [Fake Buddha Stories](#)

## 25 thoughts on “Buddha was asked: “What have you gained from meditation?” The Buddha replied, “Nothing at all.””



1. **Paul** says:

[July 14, 2015 at 6:21 am](#)

Can you explain what you mean by saying on you website the following? “...especially given that the Buddha was hardly immune to sickness, and in fact died of food poisoning.”

Food poisoning is NOT sickness.

Sickness, or perhaps illness, is something that happens due to various imbalances in mind, body and spirit. Food poisoning is not a sickness like malaria, T.B., or pneumonia.

Can you explain why you have made this incorrect assertion?

[Reply](#)



1. **Bodhipaksa** says:

[July 14, 2015 at 9:14 am](#)

I'm not at all clear what point you're trying to make.

Food poisoning is the result of ingesting harmful bacteria, such as salmonella sp. It's therefore an infectious disease in the same way as tuberculosis or pneumonia. Malaria is of course a parasitic infection, but still an infection.

The scriptures describe Buddha getting ill on several occasions. At one time his personal physician diagnosed that his "humors" were out of balance, and prescribed various purgatives. Another time the Buddha was "gravely ill" and had a disciple recite the Dhamma as his treatment.

Are you trying to assert that the Buddha did not in fact get ill? If so, you have a very peculiar view of the kind of person he was, and of the nature of spiritual awakening.

[Reply](#)



2. **Thushanga** says:

[November 4, 2015 at 5:49 pm](#)

Regarding the Lord Buddha died from food poisoning,

Below is one of the question from King Milinda (2nd Century BCE) and the answer from Enlightened Nagasena Thero. There is a series of questions from King Milinda and answers from Enlightened Nagasena Thero.

[https://en.wikipedia.org/wiki/Milinda\\_Panha](https://en.wikipedia.org/wiki/Milinda_Panha)

King Milinda; Dear thero, Lord Buddha preached that the alms given just before the attaining Buddha hood and alms given before he faces the Nibbana, give most fruitful results to the giver than other givings. But monk Sangeethikaraka, has said that after having the last alms giving by Chunda Karmaraputhra, L.Buddha got sick severely. So thero, how can Chunda Karmaraputhra collects more fruitful results after making the L.Buddha sick...?

Enlightened Nagasena thero; Dear king, both sayings are correct but you have wrong understanding. L.Buddha's last meal was not prepared only by C.Karmaraputhra, but also 'Devas' from more luxurious worlds also added their alms it knowing the fruitful result of it. L.Buddha never got sick because of his last meal, but at the last moment he bears his body, it got more weaken as a result of L.Buddha's decision to face the Nibbana.

[Reply](#)



1. **Bodhipaksa** says:

[November 7, 2015 at 3:22 pm](#)

I'm afraid that strikes me as a rather weak argument from Nagasena.

[Reply](#)



1. **Pema Namgyal** says:

[April 19, 2020 at 11:03 am](#)

Fake quote? Right quote? Correct quote? No quote? quote on quote?  
It really doesn't matter.....

What matters is that we learn and try to be a better person. Don't look for the source of the message, it doesn't matter where it came from or who wrote or said it. If it makes sense and if it encourages you to be a better person that's all it matters. It is good to be curious but sometimes You gotta Let go- relax- and you might just HOLD- what might make you secure and stable. □ □ EVERYONE feels certain amount of regret or guilty when they do wrong and EVERYONE feels certain amount of satisfaction or feel accomplished when they do something good (regardless-of their background or religion). Before everything we are just HUMANS. Stay quite and you might hear the answer.

[Reply](#)



1. **Bodhipaksa** says:

[May 7, 2020 at 1:21 pm](#)

It's possible to try to be a better person and communicate truthfully, Pema. In fact one is part of the other. And so I prefer to follow the practice of ensuring that my communication is truthful, so that if I say something is from the Buddhist scriptures, then it actually is. As a wise person once said, "truth is better than bullshit."

I also like to follow the Buddha's advice that when you hear that a quote is attributed to him you should check out its authenticity. He thought it was important that he was quoted accurately. Of course we're all free to disagree with him. I mean, what did he know? ☐

[Reply](#)



2. **Adonis** says:

[May 8, 2020 at 1:17 pm](#)

Pema, I guess you're right in that it probably doesn't matter where good advice comes from, if we apply it to our lives and find that it brings benefit.

On the other hand, if the question is "did Mr X says this particular thing?" and the answer is "no" there's no harm in sharing that either.

All good. ☐

[Reply](#)



3. **Thushanga** says:

[November 7, 2015 at 4:26 pm](#)

Dear Admin,

Lord Buddha has been the only religious preacher how had the moral to say, "Now, Kalamas, don't go by reports, by legends, by traditions, by scripture, by logical conjecture, by inference, by analogies, by agreement through pondering views, by probability, or by the thought, 'This contemplative is our teacher.' When you know for yourselves that, 'These qualities are skillful; these qualities are blameless; these qualities

are praised by the wise; these qualities, when adopted & carried out, lead to welfare & to happiness' — then you should enter & remain in them”.

I copied it from your own website. The Buddha Dharma (Teaching) has the characteristic of 'Sandittika' means come see and investigate it yourselves. Don't believe just as Buddha has preached.

Buddhism is preached by a MAN who was born in this earth. not from a god or son of god what so ever. Furthermore Lord Buddha states that any religion which teaches the 4 Noble Truths and the Noble 8 fold paths, is a right religion to follow.

Buddhism teach something which is achievable in this very life by us. The levels of concentration of mind (Dyaana) is achievable in this very life through Buddhist Meditation. A person how has ended Craving, Hate and Ignorance and achieved Dyaana such as Sotapanna, Sakurdagami, Anagami, Arhat and the Buddhahood wouldn't go around and showoff that they have achieved Dyaana. It can only be found out by a person who has achieved the same or above level.

Enlightened Nagasena Thero was a Buddhist Monk who had become Arhat. a certain person has a high power of mind and also 'Irdi' (supernatural) powers. Me and you both are lay people. But those levels of concentration of mind and Irdi powers can be achievable by both of us in this very life if we follow the right path. There for condemning a statement of someone who had higher levels of concentration of mind by a lay person can not be acceptable. I would only have accepted your statement condemning the Enlightened (Arhat) Nagasena Theros statement only if you were an Arhat Buddhist Monk or a Buddha.

[Reply](#)



4. **Adonis** says:

[December 12, 2015 at 4:20 am](#)

The quote I've heard more often goes: "Buddha sai, 'Truly, I have attained nothing from this complete, unexcelled enlightenment.'"

Do you know where that one comes from? Quick research seems to suggest Huang-Po.

[Reply](#)



1. **Adonis** says:

[December 12, 2015 at 4:33 am](#)

Chapter 22 of the Diamond Sutra?

[Reply](#)



1. **Bodhipaksa** says:

[December 12, 2015 at 1:33 pm](#)

I'll check it out. Thanks.

[Reply](#)



2. **Bodhipaksa** says:

[December 12, 2015 at 1:35 pm](#)

So that's as follows:

Subhuti again asked, "Blessed lord, when you attained complete Enlightenment, did you feel in your mind that nothing had been acquired?"

The Buddha replied:

"That is it exactly, Subhuti. When I attained total Enlightenment, I did not feel, as the mind feels, any arbitrary conception of spiritual truth, not even the slightest. Even the words 'total Enlightenment' are merely words, they are used merely as a figure of speech."

It's certainly similar, although the topic is Enlightenment rather than meditation.

[Reply](#)



2. **Bodhipaksa** says:

[January 12, 2016 at 11:31 pm](#)

That's from the Diamond Sutra, or at least from a very old translation of that text. More modern translations express that verse rather differently, which may mean that they're better translations or that there are variants. I'm afraid I'm not qualified to know!

[Reply](#)



5. **SAMAR VAIDYA** says:

[July 14, 2018 at 7:59 am](#)

Your website is fake, either u may be christian, muslim or hindu?  
So u are presenting hateful writings.

[Reply](#)



1. **Bodhipaksa** says:

[July 14, 2018 at 3:14 pm](#)

I'm confused. Why do you think that my letting people know about misattributed quotes is hateful?

[Reply](#)



6. **Vlad** says:

[October 22, 2018 at 3:48 pm](#)

Book: "zen teachings of haung po" by John blofeld states on page 38:  
"Therefore the Buddha said: 'I truly attained nothing from complete I excelled Enlightenment' it was for fear that people would not believe this that he drew upon what is seen with the five sorts of vision and spoken with the five kinds of speech. So this quotation is by no means empty talk but expresses the highest truth"

Huang Po reiterates this quote from the Buddha a few times in the book.

[Reply](#)





1. **Bodhipaksa** says:

[October 22, 2018 at 9:40 pm](#)

Thanks for that. The Heart Sutra too makes the point that there is no attainment.

However, riven the very different content of the rest of the two suspect quote, I suspect that the resemblance to the Prajnaparamita literature is coincidental.

[Reply](#)



7. **Cherith Iran** says:

[April 8, 2020 at 9:52 am](#)

how dare you man To against buddhism.how do you know this is fake and who are you to say thats fake quotes. lord Buddha is a greatest teacher in the world beyond earth. After your death you defenitly suffer in the hell. 10000% sure about that. Even gods not against our lord buddha. So you like a dust comPare with our lord buddha.

[Reply](#)



1. **Bodhipaksa** says:

[April 8, 2020 at 3:15 pm](#)

So you're suggesting I'm going to hell for pointing out that this quote isn't from the Buddhist scriptures? Verifying that quotes are authentic is something that [the Buddha instructed us to do](#).

[Reply](#)



2. **Rory** says:

[April 30, 2020 at 7:11 pm](#)

Cherith, I think you might have misread the page: this is clearly in support of Buddhism, not against it.

[Reply](#)



8. **Christian R. Salazar** says:

[April 29, 2020 at 12:14 am](#)

Doesn't seem fake. Just misquoted and often biased by whomever heard and interpreted it by their own perceptions. Just like this blog. No harm done. It's the story of the blind holy men describing the elephant all over again. Ha ha. Namaste to you.

[Reply](#)



1. **Bodhipaksa** says:

[April 29, 2020 at 1:30 pm](#)

The story may not “seem” fake to you, but it certainly is. May you find peace.

[Reply](#)



9. **Ingeborg O'Bourne** says:

[May 24, 2020 at 8:38 am](#)

Thank you for all the sleuthing that you have done and continue to do, and pointing out what is correct and what is not. It was very helpful to me.

[Reply](#)



10. **Sreeman Barua** says:

[June 10, 2020 at 6:37 pm](#)

No place for anger and non-buddhistic harmful, blind adherences, fact checking is of utmost importance in buddhist philosophy! Namó Buddhaya.

[Reply](#)



1. **Bodhipaksa** says:

[June 11, 2020 at 8:17 am](#)

What a relief it is to read your comment, Sreeman. It seems that a lot of people get very upset when the attributions of quotes they like are fact-checked. My “[fan mail](#)” page is full of interesting comments!

[Reply](#)